



Dr. B. Duncan McKinlay
Psychologist

London, ON, Canada
email. duncan@lifesatwitch.com
url. www.lifesatwitch.com

Website:
Tourette Syndrome • OCD
ADHD • Sensory • ODD/ 'Rage'

30 Common Positive Aspects of Disinhibition Disorders

- 1.) Sensitive
- 2.) Empathetic with the feelings of others
- 3.) Feels things deeply
- 4.) Creative in nature (including problem solving)
- 5.) Inventive
- 6.) Often sees things from a unique perspective
- 7.) Great at finding things that are lost (e.g. money on the ground)
- 8.) Perceptually acute
- 9.) Fantastic sense of humour
- 10.) Spontaneous
- 11.) Fun
- 12.) Energetic
- 13.) Open and unsecretive
- 14.) Eager for acceptance and willing to work for it
- 15.) Responsive to positive reinforcement
- 16.) Doesn't harbour resentment
- 17.) Quick if they like what they are doing
- 18.) Difficult to fool
- 19.) Looks past surface appearance to the core of people, situations, and issues
- 20.) Down to earth
- 21.) Good networker
- 22.) Sees unique relationships between people and things
- 23.) Cross Disciplinary and interdisciplinary
- 24.) Less likely to go "stale"
- 25.) Original
- 26.) Observant
- 27.) Loyal
- 28.) Intense when interested in something or someone
- 29.) More likely to do things because they WANT to than because they should, thus often wholehearted in efforts
- 30.) Often a very specific and strong talent (drawing, singing, instrument, acting, etc.)

Adapted from Learning Disabilities Association of Manitoba.